

2. TOBACCO USE

Overview

Tobacco use is the single most preventable cause of death and disease in our society. Tobacco use increases the risk for cancers, particularly of the lung and oral cavity, cardiovascular and respiratory diseases, and disorders. Smoking during pregnancy increases the risk of low birth-weight babies, shortened gestation, respiratory distress syndrome, and sudden infant death syndrome. Efforts to prevent smoking target children and adolescents, since regular smoking usually begins during the teenage years. However, for smokers of all ages, the benefits of quitting smoking are major and immediate, even for persons with smoking-related diseases. In the District, tobacco exacts a tremendous toll, making it a compelling public health priority.

Tobacco is a significant factor in death and disease. Nine hundred people die each year in the District from smoking-related causes. Cigarette smoking was responsible for 14 percent of all deaths that occurred in the District in 1996. Among cancer deaths in 1996, 27 percent were attributable to smoking.

Children are among those at greatest risk.

Nationally, the majority of daily smokers (82 percent) began smoking before 18 years of age. In the District, one in four youth currently smokes; 1,000 young people begin smoking every year; 40,000 District children are exposed to second-hand smoke in their homes; and smoking is a serious factor in low birth weight in all

ethnic groups. The incidence of low birth-weight babies is as follows:

- Among African Americans, 25.7 percent for smokers and 15.8 percent for nonsmokers;
- Among Hispanics, 28.6 percent for smokers and 7.8 percent for nonsmokers; and
- Among non-Hispanic whites, 11.1 percent for smokers and 6.8 percent for nonsmokers.

2010 Objectives for the District

2-1. Prevalence of Tobacco Use

2-1.1. Prevalence among Adults Currently Smoking

Reduce to 14 percent the proportion of adults (18 years and older) who are current smokers. (Baseline: 18.8 percent of adults were current smokers in the District in 1997, according to the 1997 Behavioral Risk Factor Surveillance Survey [BRFSS] for the District of Columbia.)

2-1.2. Prevalence among Adult Hispanics Currently Smoking

Reduce to 20 percent the proportion of adult Hispanics (18 years and older) who are current smokers. (Baseline: 28.4 percent of Hispanics were current smokers in the District in 1997, according to the 1997 BRFSS for the District of Columbia.)

2-1.3. Prevalence of Young People Ever Smoking

Reduce the proportion of young people in grades 9–12 who have ever smoked cigarettes to no more than 50

percent. (Baseline: 68.7 percent of boys and 67.6 percent of girls had tried cigarettes, according to the 1997 District of Columbia Youth Risk Behavioral Survey.)

2-1.4. Prevalence of Current Smokers among Grades 9–12

Reduce to at most 16 percent the proportion of young people in grades 9–12 who report that they are current smokers. (Baseline: 24 percent of boys and 21.3 percent of girls were current smokers, according to the 1997 District of Columbia Youth Risk Behavioral Survey).

2-2. Abstinence from Tobacco Use during Pregnancy

Increase abstinence from tobacco use by pregnant women to 98 percent. (Baseline: 94.5 percent of pregnant women abstained from smoking in 1997, according to hospital records.)

2-3. Cessation and Treatment

Increase to 75 percent the proportion of patients who receive advice to quit smoking during the reporting year from a health care provider. (Baseline: 53.6 percent of the total population had received such advice, according to the 1996 BRFSS for the District.)

Comparable National 2010 Objectives

In the federal HEALTHY PEOPLE 2010 PLAN, under *Goal 27: Reduce illness, disability, and death related to tobacco use and exposure to second-hand smoke*, comparable 2010 objectives are the following:

- 27-1** Adult tobacco use;
- 27-2** Adolescent tobacco use;
- 27-1, 27-3** Initiation of tobacco use;
- 27-4** Age at first tobacco use; and
- 27-6** Smoking cessation during pregnancy.



FOCUS AREA: 2. TOBACCO USE Summary of Healthy People Objectives, Baseline Data, and 2010 Goals		
OBJECTIVE	BASELINE	2010 GOAL
2-1.1. Reduce to 14% the proportion of adults (18 years or older) who are current smokers.	18.8% of adults were current smokers in the District in 1997. (Behavioral Risk Factor Surveillance Survey [BRFSS].)	No more than 14% of adults are current smokers.
2-1.2. Reduce to 20% the proportion of adult Hispanics (18 years and older) who are current smokers.	28.4% of Hispanics were current smokers in the District in 1997. (BRFSS)	No more than 20% of Hispanics in the District are current smokers.
2-1.3. Reduce the proportion of young people in grades 9–12 who have ever smoked cigarettes to no more than 50%.	68.7% of boys in and 67.6% of girls have tried cigarettes, in 1997. (District of Columbia Youth Risk Behavior Survey.)	No more than 50% of young people in grades 9–12 have ever smoked cigarettes.
2-1.4. Reduce to no more than 16% the proportion of young people in grades 9–12 who report that they are current smokers.	24% of boys and 21.3% of girls were smokers in 1997. (District of Columbia Youth Risk Behavioral Survey.)	No more than 16% of young people in grades 9–12 are current smokers.
2-2. Increase abstinence from tobacco use by pregnant women to 98%.	94.5% of pregnant women abstained from smoking in 1997, according to hospital records.	98% of pregnant women abstain from smoking.
2-3. Increase to 75% the proportion of patients who receive advice to quit smoking during the reporting year from a health care provider.	53.6% of the total population had received such advice, in 1996. (BRFSS)	75% of patients receive advice to quit smoking from a health care provider during the reporting year.